



Friendship Heights

VILLAGE NEWS

SEPTEMBER 2018

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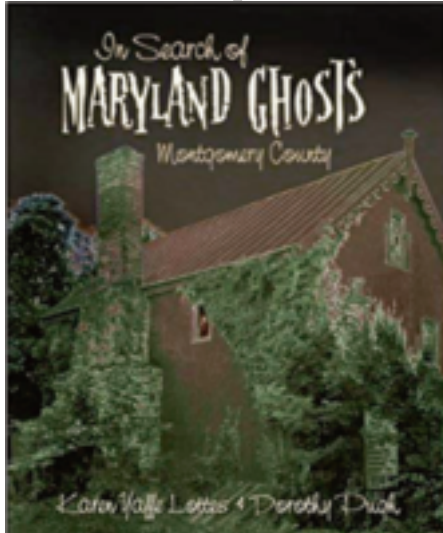
www.friendshipheightsmd.gov

301-656-2797



A play about caregiving,
See page 5.

Haunted places of Montgomery County



Explore haunted places and hear ghostly stories of Montgomery County and its surrounding area when author Karen Yaffe Lottes presents stories from "In Search of Maryland Ghosts: Montgomery County" on **Thursday, Oct. 4, at 7 p.m.**, at the Village Center.

Learn about the many ghosts, apparitions, and supernatural occurrences that can't be explained logically, including the Headless Horseman that continues to terrorize visitors to an old railroad bridge and

the poltergeist that haunts Madison House.

The history of gold mining, presidential politics, the Civil War, the burning of Washington during the War of 1812, the French and Indian Wars and various important personages come to life through these mind-tlingling stories.

The event is free and open to the public. Please call the Village Center at 301-656-2797 to let us know if you plan to attend.

Resident who lost hands and feet to sepsis seeks to save lives through awareness

Village resident Cheryl Douglass will host two talks at the Village Center on **Monday, Sept. 24, at 3 p.m., and again in the evening on Thursday, Sept. 27, at 7 p.m.**

Ms. Douglass personally survived sepsis 10 years ago, but she lost all four lower extremities in the process. The way in which she contracted her infection was never found. She went through a long and challenging rehabilitation process. Ms. Douglass will discuss how she copes with life after four amputations and why increased awareness of this affliction is an important first step in protecting public health.

Ms. Douglass and her husband have also become advocates for sepsis awareness through various

organizations because so many of us have never heard of this condition. Even today, some who work in hospitals aren't adequately prepared to spot and treat sepsis.

Sepsis is not a disease, but rather an extreme body response to a dangerous blood infection. A simple skin scrape can lead to sepsis and death. The very young and the very old are at the highest risk. The good news is that sepsis is highly treatable with antibiotics. It becomes a life and death matter, however, if the presence of sepsis is not recognized and treated in time in the emergency room. In Ms. Douglass' case, it was not. That's why it's so important that more people learn the signs of sepsis and spread the word.

Continued on page 16, see sepsis



"Anything Goes" at Arena Stage

Enjoy an evening musical when we set out for Arena Stage and a production of Cole Porter's "Anything Goes," on **Tuesday, Nov. 27.**

The SS American has set sail from New York to London. Aboard, the lovelorn Billy has stowed away on a mission to find, woo and win back his true love. Unlikely alliances arise as mischief and mayhem ensue in this madcap musical by beloved compose and Tony Award winner Cole Porter.

The cost of the trip is \$89 and

Continued on page 14, see Arena

Vision Support returns with fall prevention talk, See page 13.



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Marsha offers Tuesday Tunes for the preschool set

Bring your babies, toddlers and preschool children to the Village Center on **Tuesday, Sept. 25, from 10 to 11 a.m.**, for a special musical program just for them! The concert marks the beginning of a regular musical program for youngsters.

Village Playtime on Tuesday mornings will feature a variety of programs throughout the month including music by Marsha Goodman Wood, opportunities for children to get creative with special kid-friendly art projects, and free play. Children must be accompanied by an adult or caregiver over 13. Parents, grandparents and friends are all welcome.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the October issue is Sept. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Signage meeting September 13

As a follow-up to the meeting held in April, the Council Communications and Capital Improvements Committees will hold a joint meeting on **Thursday, September 13, at 5:30 p.m.**, at the Village Center.



The committees will discuss possible options for replacing the bulletin board in Humphrey Park and for new entrance signage at the corner of South Park Avenue and Friendship Boulevard (the southwest corner of the park). Two concepts for new entrance signage are shown above. The meeting will be open to the public.

Page Park irrigation system installed

The new irrigation system in Page Park is up and running. The benches that were temporarily displaced have been reinstalled.

Now that the infrastructure work in the park has been completed, the Council will discuss further landscape improvements at its September 17 meeting.

Great response to our Village Survey

We received nearly 400 responses to the 2018 Survey of Village Residents, which was mailed to each household in June. This represents a response rate of about 12%.

As this goes to press, we are tabulating the results and will have some data to share in next month's newsletter. Winners of the Lia's gift certificates will be notified shortly. Thanks to all those who responded!

Shredding truck returns in October

The Shred-it truck will park on Friendship Boulevard, next to the Village Center, on **Wednesday, October 17, from 5 to 7 p.m.** Residents are invited to bring paper materials for shredding. *This service is available for Village residents only.*



Shuttle bus stop at Giant and Metro

Construction work continues at the Chevy Chase Center. Our bus is expected to return to the main stop in front of the Giant in September. It has been picking up and discharging passengers on Wisconsin Circle next to the former TRiPS transit store.

Restoration work at the Friendship Heights Metro building is underway and should be completed in October. Our bus is temporarily picking up and discharging passengers on the Western Avenue side of the bus depot. Look for the sign shown above.



Check out the Village's website

Have you visited our website recently? Go to www.friendshipheightsmd.gov for the latest information on Village events, programs and services. The site is updated regularly, including the most recent newsletter and calendar. You can also view archived issues of both.



Home page of the redesigned Village website

Go to What's New from the home page and you will find updates and announcements of scheduled events, including our What's Happening flyer, highlights of Center programs updated every month.

You can also find the shuttle bus schedule, minutes and agendas of Village Council meetings, the Annual Report, Village regulations, permit applications, newsletter advertising, links to other helpful websites, and much more.

There was no Council meeting in August.

The next Council meeting, open to the public, will be Monday, September 17, at 7:30 p.m.



Sharpen your driving skills at the AARP program

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads.

The one-day course will be offered **Thursday, Nov. 15, from 10 a.m. to 3 p.m.**, at the Village Center. It costs \$15 for AARP members (you must bring your membership card when you register and also to the class) and \$20 for nonmembers. Checks should be made payable to AARP. All students must bring their driver's license and a ball-point pen to class with them. Register at the Village Center. For information, call the Center at 301-656-2797.



Jazz, Blues and Broadway with the legendary John Eaton



Enjoy an afternoon of music with piano player, vocalist and humorist John Eaton on **Monday, Oct. 1, at 3 p.m.** at the Village Center. Mr. Eaton will highlight the music of George Gershwin, Duke Ellington, Cole Porter, Harold Arlen and other greats.

Mr. Eaton has been performing professionally for more than 30 years, from jazz clubs to a command performance in the East Room of the White House, and is considered one of the foremost interpreters of American music. For many years he has also taught a very popular series of classes titled "American Songwriters" at the Smithsonian, Wolf Trap Farm Park and the Friendship Heights Village Center.

After the concert please stay to enjoy refreshments and chat with Mr. Eaton. Please call 301-656-2797 to RSVP.



The Village Book Club will meet on **Tuesday, Sept. 18, at 11 a.m.** The book selection is "The Vanity Diaries" by Tina Brown. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

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A daytime playreading and talk for caregivers

Former Friendship Heights resident Paula Stone presents "Because She's My Mother" on **Saturday, Sept. 15, at 10 a.m. at the Village Center.** This play reading is about an adult daughter's struggles—to balance her life, face loss and let go—as she cares for her failing mother.

Filled with conflict, poignancy, as well as humor, the script will be read by local-area actors and followed by a discussion facilitated by the playwright, Paula Stone. The program begins with the reading. It will include a short break and discussion before concluding at 1 p.m. If you are currently or expect to become a caregiver, or if you are now the recipient of care, please join us.

This event is free, but call the Center at 301-656-2797 if you plan to attend.



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He's back!

Ananmay offers tech help at the Village Center

Ananmay Sharan, our teen tech phenom, returns in September with free tech help for Village residents most Saturdays, from 10 a.m. to 12 p.m., at the Village Center.



Friendship Heights Tech Help Me started in March 2018 by Ananmay Sharan, a student at Washington International School. Tech Help has aided more than 50 clients so far, with more than 30 hours of individual help provided.

Ananmay is a high school senior who is passionate about technology and hopes to study computer science in college. He has helped Friendship Heights residents solve their tech problems using their email, phones, iPads and computers.

For details, call the Village Center or check Anamay's website at [FHTechHelp](http://FHTechHelp.com).

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Thursday, Sept. 6, 7 p.m.—Movie —“Tag”— Five childhood friends have been competing in the same game of tag for 30 years. When one of them gets married, he attempts to retire from the intense annual game without ever being “it,” causing the other four to band together to finally catch him. Stars Jeremy Renner, Jon Hamm, Isla Fisher and Rasida Jones. Rated R. Running Time: 100 minutes.

Thursday, Sept. 13, 7 p.m. — Movie —“Won’t You Be My Neighbor”— This documentary paints a portrait of the philosophy and work of cardigan-wearing children’s entertainer Fred Rogers, star of the popular show “Mister Rogers’ Neighborhood.” Mister Rogers creatively communicated themes of empathy and acceptance using a colorful cast of puppets and friends for more than 30 years. Along with archival footage, Rogers’ contemporaries and castmates reflect on his legacy. Rated PG. Running Time: 94 minutes.

Thursday, Sept. 20, 7 p.m.

—Movie —“Book Club”— Four friends in a book club spice up their routine by reading Fifty Shades of Grey. With each of them in a different romantic situation, the women gather inspiration and tips for the bedroom and prove they can still do new things later in life. Stars Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen. Rated R. Running Time: 104 minutes



Thursday, Sept. 27, 7 p.m. — Sepsis talk with Cheryl Douglass, see page 1 for details.



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ART and CULTURE

Friendship Gallery hosts a tribute to Jeanne Ryan in September

The Friendship Gallery will highlight the works of Jeanne Ryan during a tribute show to the artist and teacher in September. Jeanne Ryan was a superbly talented watercolorist who found inspiration everywhere she looked, from her home in Pennsylvania to rural Kansas where she lived for a year, to New England and Nova Scotia where she traveled extensively. She was equally adept at painting en plein air or from photos that she took.

Jeanne also had a passion for teaching others how to paint. Over a 40-year career working in schools, colleges and community centers throughout Pennsylvania and Delaware, she taught scores of students—from children and beginners to advanced art students and the elderly. They learned under her guidance that tireless practice and laser attention to detail did indeed enable them to translate their experiences into art.

The show includes a full representation of Jeanne's framed and unframed watercolors, acrylics and small works on wood. It also features examples of the ingenious "lessons" Jeanne devised for her students. Each lesson is a watercolor painting on the back of which, in handwritten notes, she offers the information a student would need to match certain colors or difficult-to-achieve textures in the painting. For visitors to the show, they are lessons in painting and in sharing hard-won skills.

There will be a reception on **Sunday, Sept. 9, from 11:30 a.m. to 1:30 p.m.**

Proceeds from sales will benefit Montgomery Hospice and The Humane Rescue Alliance.

The exhibit will run until Oct. 6. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m.

Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Glass Vases by Jeanne Ryan

Our Listings in the Friendship Heights Community

FOR SALE

5600 Wisconsin Ave. #803
\$2,075,000: 3 BR, 2.5 BA,
Updated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #701
\$1,100,000: 2 BR, 2 BA,
Views, Balcony; 1,593 SqFt

5610 Wisconsin Ave. #1003
\$2,545,000: 2 BR + Den, 2.5 BA,
Renovated, Balcony; 3,021 SqFt

5610 Wisconsin Ave. #602
\$1,995,000: 2 BR + Den, 2.5 BA,
Tree views, Balcony; 2,503 SqFt

5610 Wisconsin Ave. #406
\$1,299,000: 2 BR, 2.5 BA,
Tree views, Balcony; 2,023 SqFt.

5630 Wisconsin Ave. #203
\$1,599,900: 1 BR, 2 BA,
Garden views, Terrace; 1,657 SqFt

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4601 N Park Ave. #604D
\$2,300: 2 BR, 1.5 BA,
Updated, Balcony; 1,150 SqFt



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2018

SEPTEMBER

SATURDAY



8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin
Spirals

9:30 a.m. – 1:30 p.m.: Coffee
and
Sunday Papers

**Labor Day
Center Open
9 a.m. to 2 p.m.**
9:30 a.m.: Tai Chi Intro
10 a.m.: Great Books
**Shuttle runs on a
weekend schedule**

8:15 a.m.: Walking Club
10 a.m - 12 p.m: Village
Playtime
12 - 4 p.m.: Blood
Pressure Screening
2 - 4 p.m.: Suburban
Nurse Specialist
3 - 4 p.m.: Tea
7 p.m.: Pilates

9:30 a.m.: Tai Chi Ongoing
12 p.m.: Chess group
1 p.m.: All in the Eyes
7 p.m.: Concert: Machaya Klezmer

8:15 a.m.: Walking Club
11 a.m.: Still Life and
Beyond
**7 p.m.: Movie:
Tag**

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and
Current Events
10:30 a.m.: Balance,
Memory and
Movement
1p.m.: Abstract Paining

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin
Springs
9:30 a.m.: Children's
Photography
10:30 a.m.: Basic
Photography

9:30 a.m. – 1:30 p.m.: Coffee
and
Sunday Papers
11:30 a.m. – 1:30 p.m.:
Art Reception

9:30 a.m.: Tai Chi Intro
10 a.m.: Great Books
12:30 p.m.: Bridge Club
1 p.m.: Strength Training
with Tonya

8:15 a.m.: Walking Club
10 a.m.–12 p.m.: Village
Playtime
12–4 p.m.: Blood
Pressure Screening
1 p.m.: Balance and Fall
Prevention
2:30 p.m.: Speech Therapy
and Support Group
2–4 p.m.: Suburban
Nurse Specialist
3–4 p.m.: Tea
7 p.m.: Pilates

9:30 a.m.: Tai Chi Ongoing
11 a.m.: Chair Exercise
12 p.m.: Chess group
1 p.m.: All in the Eyes
**1 p.m.: Suburban
Lecture: "Emergency
Preparedness"**
**4 p.m.: Program
Advisory Committee
Meeting**
**5:30 p.m.: Community
Advisory Committee
Meeting**
**7 p.m.: Concert:
Hui O Ka Pua 'Ilima**

8:15 a.m.: Walking Club
11 a.m.: Still Life and
Beyond
**5:30 p.m.: Council
Committee Mtg. on
Bulletin Board and
Signage**
**7 p.m.: Movie: Won't
you be my Neighbor**

**7:30 a.m.: Depart for
Fallingwater**
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and
Current Events
1 p.m.: Abstract Painting

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin
Springs
9:30 a.m.: Children's
Photography
10 a.m. – 1 p.m.:
***"Because She's My
Mother"***
10:30 a.m.: Basic
Photography

9:10 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee
and
Sunday Papers

9:30 a.m.: Tai Chi Intro
10 a.m.: Great Books
12:30 p.m.: Bridge Club
1 p.m.: Strength Training
with Tonya
**7:30 p.m.: FRIENDSHIP
HEIGHTS COUNCIL
MEETING**

8:15 a.m.: Walking Club
10 a.m.–12 p.m.: Village
Playtime
11 a.m.: Village Book Club
12–4 p.m.: Blood
Pressure Screening
1 p.m.: Balance and Fall
Prevention
2–4 p.m.: Suburban
Nurse Specialist
3–4 p.m.: Tea
7 p.m.: Pilates

9:30 a.m.: Tai Chi
Ongoing
11 a.m.: Chair Exercise
12 p.m.: Chess group

8:15 a.m.: Walking Club
11 a.m.: Still Life and
Beyond
**1 p.m. Vision
Support Group:
Tonya Walton on
Fall Prevention**
7 p.m.: Movie: Book
Club

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and
Current Events
10:30 a.m.: Balance,
Memory and
Movement
1 p.m.: Abstract Painting

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin
Springs
9:30 a.m.: Children's
Photography
10:30 a.m.: Basic
Photography

9:10 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee
and
Sunday Papers

9:30 a.m.: Tai Chi Intro
10 a.m.: Great Books
**10 a.m. – 2 p.m. MVA
Mobile Office**
12:30 p.m.: Bridge Club
1 p.m.: Strength Training
with Tonya
**3 p.m.: Sepsis Talk with
Cheryl Douglass**
7 p.m.: Café Muse

8:15 a.m.: Walking Club
**10 a.m. Children's
 Concert with Marsha
 Goodman-Wood**
 12 – 4 p.m.: Blood
 Pressure Screening
 1 p.m.: Balance and Fall
 Prevention
 2 – 4 p.m.: Suburban
 Nurse Specialist
 3 – 4 p.m.: Tea
 7 p.m.: Pilates

9:30 a.m.: Tai Chi
Ongoing
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
12 p.m.: Chess group
1-4 p.m.: Flu Shots
1 p.m.: All in the Eyes
**7 p.m.: Concert: Tango
Reo**

8:15 a.m.: Walking Club
1 p.m.: Still Life and Beyond
7 p.m.: Sepsis Talk with Cheryl Douglass

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and
Current Events
10:30 a.m.: Balance,
Memory and
Movement
1 p.m.: Abstract Painting

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin
Springs
10:30 a.m.: Basic
Photography

9:10 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee
and
Sunday Papers

Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Monday through Thursday	9 a.m. to 9 p.m.
Friday	9 a.m. to 5 p.m.
Saturday and Sunday	9 a.m. to 2 p.m.

Art and shopping aficionados will rejoice at the opportunities that abound at the Friendship Heights annual "Holiday Affair" artisan fair.

Our own art gallery/ shopping spot returns to the Village Center on **Friday, Nov. 2, from 5:30 to 8 p.m., and Saturday, Nov. 3, from 10 a.m. to 4 p.m.** This isn't your average craft fair- all items must be hand-crafted by the individual artists! You'll find something for everyone from jewelry, pottery to fiber arts to fused and blown glass.

Bring the whole family to the Village Center for unique gifts and gift ideas. Admission is free. For information about opportunities to participate, please contact Anne O'Neil at 301-656-2797 by Oct. 15.



CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth, Fridays, 1 to 4 p.m., Sept. 7 – Nov. 16. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$200 for residents; \$215 for nonresidents. Class will not meet Oct. 12.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Oct. 10 – Nov. 14. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents. Class will not meet Sept. 19.

PAINTING FOR EVERYONE

A 5-week course for all skill levels, taught by Millie Shott, Tuesdays, 1 to 3:30 p.m., Oct. 2 – Oct. 30. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks, and glues. The cost is \$50 for residents; \$60 for nonresidents. Minimum number of students is eight; maximum is ten.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 10 Village News *September 2018*

2:30 p.m., Sept. 6 – Nov. 15. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Bring a sketchbook for mixed media (paper over 90 lbs.) The sketchbook will be an integral part of the class. Joan will present various materials, techniques and ideas to inspire original work by each participant. Class will not meet Oct. 11.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Oct. 6 – Dec. 1, \$130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. A one-hour class within the adult class is available for children for a rate of \$60. Children must have completed Basic Photography for Children. Class will not meet Nov. 24.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Sept. 11 – Oct. 16. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email

instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Sept. 7–Oct. 19. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents. Class will not meet on Sept. 14.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Sept. 12 – Oct. 17. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., Sept. 17 – Oct. 22. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30–10:30 a.m., Sept. 19 – Oct. 24. Taught by internationally recognized Master

Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays from 6:30 to 7:30 p.m., Sept. 4 – Oct. 9. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

SEATED YOGA & MEDITATION

A 5-week class, Thursdays, 10:30 to 11:45 a.m., Oct. 11–Nov. 8. Students are seated in chairs or use chairs for support. The class includes stretching and guided meditation proven beneficial to the immune system. Instructor Louisa Klein brings more than 40 years teaching experience. She is a member of the International Yoga Teachers Association. \$60 for residents; \$65 for nonresidents.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Sept. 10–Oct. 15. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

YOGA

An 11-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., Sept. 16–Dec.

9. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for 2 hours before class. \$150 for residents; \$160 for nonresidents. Class will not meet Nov. 11 nor Nov. 25.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays from 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in discussions of works, usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage.

The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of every month from 2:30 to 3:30 p.m.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Toys and play equipment will be set out in the auditorium Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver or family member over age 13. *Note new day and time.*

VISION SUPPORT GROUP

Meets once per month; check calendar for day and time. Call Janet Morrison at 301-538-9358 for details.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall in the Village Center.

Wednesday, Sept. 5—

Machaya Klezmer —

One of the area's premier klezmer bands, Machaya performs this style of music that is inherently Jewish in nature. The word *klezmer* comes from two Hebrew words, *clay*



and *zimmer*, meaning vessel of music or song. The idea is that the instrument, such as the violin or clarinet, takes on human qualities like laughing or crying.

Wednesday, Sept. 12 —Hui O Ka Pua 'Ilima —



Be transported to Kaua'i, one of the major islands of beautiful Hawaii. Hui O Ka Pua 'Ilima is a Polynesian dance troupe based out of McLean, Va., and is co-directed by Carol 'Leolani' Takafuji

and her daughter, Vivian 'Kuolanani' Takafuji. The group performs traditional and contemporary songs and dances of Hawaii and the Polynesian islands of New Zealand and Tahiti. In recent years, Hui O Ka Pua 'Ilima has participated in many Asian Pacific American Heritage cultural events and a variety of festivals, luaus, and fundraisers in the

Washington, D.C., metropolitan area. Their presentation is informative and interactive and aims to spread the spirit of aloha and love for the history and culture of Hawaii and Polynesia through song and dance. The audiences is invited to learn the hula and participate.

Wednesday, Sept. 19 — No concert

Wednesday, Sept. 26 —Tango Reo— Tango Reo plays authentic Argentinian tango music, including several pieces by the great composer Astor Piazzolla. With scintillating vocals by Claudia Gariulo, fiery instrumentals by violinist Susan Jones, pianist Victor Medina, and bandoneon player Charles Kelly, over a firm foundation by bassist Rita Isenburg, Tango Reo delights audiences young and old at both concert and dance venues.

Dr. Michael Gittleson
Podiatrist
The Barlow Building

5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery

Early Morning Hours

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.



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Vision Support Group: September is falls prevention awareness month

The Village Center's own Tonya Walton will be the featured speaker at the Vision Support Group's meeting at the Village Center on **Thursday, Sept. 20, from 1 to 2 p.m.**

Did you know that every 13 seconds an older American is seen in an emergency room for a fall-related injury, according to the National Council on Aging (NCOA), The Center for Disease Control and Prevention (CDC) encourages exercise and physical activity to help prevent people of all abilities from falling. Individuals with vision impairments may have a few extra challenges

getting exercise and making it a part of their daily lives. However, Fall Prevention Month 2018 is a perfect opportunity to recommit ourselves to public safety. Tonya will provide information and motivational strategies to enhance safety and quality of life. She currently teaches three classes at the Center, including a Balance and Falls Prevention class. She is a personal trainer and a Certified Brains and Balance Specialist, Past 60 Instructor, and a certified Flex instructor. Tonya is also co-owner of UPISA, a fitness management and consulting company specializing in wellness and exercise



programs for local businesses and individuals. She is a graduate of Virginia Tech with two B.S degrees in Exercise Science and Biology. The Vision Support Group is facilitated by low vision advocate Janet Morrison, a Village resident. Please register by calling 301-656-2797.

Emergency preparedness tips for seniors

Preparedness is a shared responsibility; it calls for the involvement of everyone — not just the government. By creating individual, family and household emergency plans, seniors can stay safe when faced with a hazard or emergency. At this month's Suburban lecture, staff from the Department of Homeland Security will



review practical steps you can take to be better prepared for an emergency. The lecture will be held on **Wednesday Sept. 12, from 1 to 2 p.m.**, at the Village Center. Topics such as communication plans, state and county emergency alerts, emergency kits, and pet preparedness will be covered. Please call 301-656-2797 to let us know if you plan to attend.

Fight the flu!

Inova Well will administer flu shots at the Village Center on **Wednesday, Sept. 26, from 1 to 4 p.m.**, to anyone 9 years or older.

The trivalent (or High Dose) vaccine protects against two A strains and one B strain of influenza and is recommended for those 65+ years

of age. The quadrivalent vaccine protects against two A strains and two B strains of influenza. When each patient goes up to get the shot, the RN will discreetly ask which vaccine the patient wants (quadrivalent or High Dose). Patients between 9 and 18 must be accompanied by a parent.

There is no charge for individuals with Medicare Part B as their

primary insurance (not PPO, HMO or Medicare Advantage), but you must bring your card. The self-pay cost is \$30 (payable by cash or check). Inova does not accept Medicaid or commercial insurance plans. Registration is required. Call 301-656-2797 to sign up.

You must have an appointment to receive a flu shot.

Café Muse presents...

This month's Café Muse, on **Monday, Sept. 24**, will feature poets Wendell Hawken and Susan Okie.

Wendell Hawken is the author of "White Bird: A Sequence" (FutureCycle Press, 2017) and "The Luck of Being," and of two chapbooks: "The Spinal Sequence" and "Mother Tongue." Hawken earned her M.F.A. in poetry at the Program for Writers at Warren Wilson College in 2005 where she worked with Betty Adcock and Ellen Bryant Voigt, among others. A selection of White Bird poems won the Fish Publishing (Bantry, Ireland) Short Memoir Contest in 2016. She lives on a grass farm in the northern Shenandoah Valley outside the village of Boyce in Clarke County, Va.

Susan Okie is the author of "Let You Fly," a finalist in the 2017 New Women's Voices Chapbook Contest (Finishing Line Press, 2018). Her work has appeared, among others, in "The Gettysburg Review," "Prairie Schooner," "The Bellevue Literary Review," "Beltway Poetry Quarterly," has been featured on "Poetry Daily," and won the 2012 Bethesda Poetry Contest. Okie graduated from the Warren Wilson MFA Program for Writers in 2014. She is a former Washington Post medical reporter and science editor and the author of two nonfiction books. Attending poets

are invited to participate in an open mic that concludes the Café Muse program. Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30.

All Café Muse programs are free to the public and are handicapped accessible.

The Word Works is a nonprofit literary organization publishing contemporary poetry in artistic editions and sponsoring programs for more than 40 years.

Monday, Oct. 22: Café Muse will feature poets Rosemary Winslow and Pamela Murray Winters.

Arena, continued from page 1

includes round-trip transportation, ticket to the performance and all taxes and gratuities.

We'll depart from the Village Center at 6:15 p.m., should and return by 10:15 p.m.

Residents and one guest may sign up immediately. Nonresidents may sign up beginning Sept. 15.

There are 24 spaces available.

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Sepsis, continued from page 1

More than a million and a half Americans die of sepsis every year. That's more lives lost than from AIDS, breast cancer, prostate cancer and stroke combined. Sepsis-related death rates in Europe are even higher than in the United States. Those who survive sepsis may suffer tissue damage, organ failure or multiple amputations. Common symptoms of sepsis include fever, chills, rapid breathing, rash, and confusion, making it seem to mimic the flu in its early stages. All too often, doctors and nurses mistakenly assume the patient has the flu and sends him or her home, only to have the patient die of sepsis a day or two later.

A nationwide effort is underway to ensure that medical professionals, especially those in emergency wards and nursing homes, are properly trained and have protocols in place so that the condition can be identified more quickly and treated before it's too late. New technologies are being developed to provide new blood tests that can detect the condition faster than hospitals can now.

Simply put, sepsis is the most preventable cause of death and disability in the world.

Please join us and encourage friends, parents, caregivers and health care professionals to attend this very important talk.

The event is open to the public. Please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Friendship Heights

VILLAGE NEWS

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September 2018 events calendar